

EARLY CHILDHOOD EDUCATION CENTER



PARENT HANDBOOK 2021-2022

Early Childhood Education Center
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August 2021

Wood Dale School District

Mission Statement

We will collaborate with all families to implement high quality instruction and provide engaging learning experiences, empowering each student to reach their full potential, in a safe and supportive environment.

Vision Statement

We will be an exemplary school district. Our students will be resilient, lifelong learners who strive for excellence and become engaged citizens.

Early Childhood Education Center

ECEC Mission Statement

The mission of the Early Childhood Education Center is to provide a safe, nurturing, high quality child-centered learning environment that fosters individual success and a love of learning in partnership with families and the community.

ECEC Vision Statement

All children will be given a high quality educational foundation that promotes curiosity, exploration, language development, social/emotional development and independence so that they become lifelong learners and productive members of their community.

PHILOSOPHY OF PARENT INVOLVEMENT

We believe parents are the child's primary teachers. They have a major impact on the child's development. Parents are the most significant role models in any child's life.

Active involvement with your child helps to develop his/her intelligence through guidance of early learning experiences. The more opportunities parents can arrange for their children to explore and interact with the environment, the more children touch, see, and hear, the more likely they are to develop to their full intellectual capacity. Likewise, the more a family reinforces the learning skills worked on at school, the more successful a child will be throughout his schooling. Therefore, reading to your child daily, working on vocabulary, reinforcing the daily lesson objectives shared by the teacher in her weekly plans and so on, will only help to make your child a more competent learner.

Open communication allows us to establish a cooperative partnership between home and school. This two-way communication encourages the sharing of information to maximize each child's abilities; therefore, parent involvement is a basic component of our early childhood program. Parents may phone the school to speak to teachers who will return the phone calls when children are not present. Parents may choose to make an appointment or use a communication notebook to "talk" to the teacher. Support is based on the needs of the family. We offer individual support to families as well as parent group discussions that include child development, behavior management and language intervention strategies.

Parent participation is expected on a regular basis, whether it's an observation, attending an evening event, volunteering, or leading a center in the classroom under the teacher's guidance.



GOALS of PARENT INVOLVEMENT

Parents are significant to their children's development. The following goals guide the parent education/involvement program at the Early Childhood Education Center:

1. To help parents understand developmentally appropriate ways for children to learn and the benefits of PLAY.
2. To help parents understand and nurture children's developmental stages in the cognitive, social/emotional and physical areas.
3. To introduce and teach parents and children the foundations of the school district's curriculum.
4. To expose parents to vital parenting information on topics such as: nutrition, academic readiness, positive discipline, language, social skills, health, and safety.
5. To provide parents with information, examples and ways to support their child at parent conferences.
6. To inform parents about community activities beneficial to families and children.
7. To aid parents in recognizing and coping with stress related to parenting.
8. To help parents develop a support system amongst themselves.
9. To facilitate positive literacy skills with children.
10. To provide families with knowledge/access to community resources that support their individual needs.



PROGRAM PHILOSOPHY

The Early Childhood Education Center believes that each child is unique. Our program is designed to foster the development of each child to his/her fullest potential. This program will reflect best practices, up to date methodology and introduction to (district) curriculum. The following beliefs guide the ECEC program:

1. Parent involvement is necessary as a family significantly influences a child's development.
2. Activities will be planned which address the development of the "whole" child, i.e., intellectual, language, social, emotional and physical development. All activities should have a purpose and consider integration of topics. Projects that are studied involve in-depth learning, integrate multiple academic areas and include higher level thinking and problem solving through exploration and discovery.
3. Language is a primary foundation that is central to our program and learning.
4. A safe and nurturing environment will facilitate and encourage a positive attitude towards learning.
5. Children are free to investigate and arrive at conclusions without fear of making mistakes. The teachers will guide this process by asking open-ended questions.
6. Establishing a daily routine encourages feelings of security and comfort and promotes the development of self-discipline.
7. Children learn most effectively through hands-on experiences using developmentally appropriate activities and materials.
8. Each child begins at his/her own level of development and progress at an individual rate and in a unique style of learning.
9. Each child's growth is assessed according to developmentally appropriate time-lines and will be monitored through authentic assessments and portfolios.
10. Play is used to expand and refine learning skills. Play is an essential component to promote learning through a hands-on approach which uses a child's interest areas as a starting point. In addition, play is essential in the development of communication and socialization:for young learners.
11. Children will be exposed to and taught concepts within language arts, math, phonological awareness, reading, art, music, creative dramatics and movement, science, social studies, technology and in social/emotional areas .
12. Teachers encourage children's problem solving, decision-making and creativity.
13. A variety of child-centered activities are provided which balance child-directed, teacher-directed, quiet and active play; large and small group activities and provide time for independent activity and cooperative effort.
14. Children are provided with realistically challenging demands. "At risk" or weaknesses are considered by our staff as a temporary condition that, with proper and continued educational intervention, will move toward a no risk status. **All** children benefit from learning from and with each other.
15. Inclusion of all children in our PFA classes for all or part of the session, is a right of every child that enters ECEC unless there is some definitive and substantial reason.

EDUCATION GOALS

As it is the purpose of the ECEC program to develop the **whole child**, the following are program goals:

1. To screen and identify needs of preschool age children (3-5 years old) in the Wood Dale Community.
2. To respect, value and accept each family as well as their culture and beliefs.
3. To involve parents in the educational process at home and at school through:
 - A. Home school communication
 - B. Home visits
 - C. Classroom participation
 - D. Parent advisory board
 - E. Parent support group
 - F. Parent education/evening programs
 - G. ECEC Community Council
4. To help nurture positive self-esteem through successful interactions with people and materials by:
 - A. Developing awareness of individual strengths and challenges
 - B. Developing acceptance of his/her own feelings and developing awareness, as well as consideration of the feelings of others
 - C. Developing feelings of self-worth through decision making and fostering independence
 - D. Providing child with appropriate challenges
5. To develop appropriate social skills in various situations by fostering:
 - A. Cooperation
 - B. Problem solving
 - C. Respect for self, others and property
 - D. Positive interactions
 - E. Communication
 - F. Self-regulation of emotions and promoting age appropriate social skills
6. To expose students to fundamental terminology that will be used in kindergarten.
7. To provide opportunities which develop fine motor skills and activities that improve large motor coordination as well as spatial awareness.
8. To foster independence, emotional intelligence and self control.
9. To promote cognitive skills through opportunities to explore, problem solve and question under teacher guidance.
10. To encourage a healthy attitude and behaviors about one's physical self by creating an interest in nutrition, safety and personal hygiene.
11. To provide children with learning opportunities based on current research and sound educational practices by following the grant requirements and Illinois Early Learning Standards.
12. To further the educational needs of the staff by providing opportunities to participate in programs pertaining to the development of the "whole" child.
13. To provide integration with other classrooms for expanded learning opportunities and social skills.
14. To prepare all students for a successful kindergarten experience.

GENERAL INFORMATION

ATTENDANCE

Once your child is enrolled in our program, we expect to see them **on time every day** unless he/she is ill. A child that attends school regularly will naturally perform better and feel more a part of the classroom. Vacations should be taken during days when school is out. If your child has excessive absences, you will be contacted to determine the problem. **You may be asked to withdraw your child so that other children can enter our program.** **You are expected to phone our office if your child is not at school at 630-694-1174.**

ARRIVAL AND DISMISSAL

- **School hours: 8:15 AM - 10:50 AM and 11:40 AM - 2:15 PM**
- **Parents who bring their child to school are expected to arrive on time.**
- For others, a bus will pick up your child at home and bring him back to your home. For your child's own safety, please discuss with him/her some basic rules of riding safely on a bus (see rules in this booklet).
- If your child has problems riding properly, you will be contacted by his teacher or bus driver.
- Bus riding is a privilege that is not offered to preschoolers in many districts.

If your child will not be taking the bus due to absence, first, notify Pam at 630-546-2859 and second, phone the ECEC school office before 8:00 AM (630-694-1174). Parents of out-of-district students must also contact the bus company that transports your child.

BACKPACKS



All children should have a full size backpack. It is your responsibility to look through your child's backpack nightly to read all school correspondence and notes from the teacher. The teaching staff will check backpacks daily.

BEHAVIOR

Staff use positive strategies such as verbal praise and rewards to reinforce positive behaviors. Re-direction , distracting and ignoring are used to deal with challenging behavior. Physical aggression (hitting teachers or other children) as well as biting are of concern but happen in young children who may not have the words to express their feelings. There are also children who need time to adjust, calm themselves and perhaps find something to cuddle, take a break or find an adult to comfort them. If a child has difficulty in using words to express himself, this is often the problem as the frustration builds up. There are also children who are very sensitive to noise, visual stimuli, smells, touches and changes in schedules. The more information that you are able to share with us means that we can be better prepared to deal with your child's behavior. Your child's teacher will always be in contact with you about any concerns. There are times when we need to consult with behavior specialists and this would only be done with your knowledge.

SUSPENSION AND EXPULSION

Wood Dale School District 7 Early Childhood Education Center complies with Public Act 100-0105, which prohibits early care and education (ECE) providers from expelling young children (ages 0-5) from their program because of the child's behavior.

CELEBRATIONS

We are always pleased to celebrate your child's birthday. When it is your child's special day we prefer healthy snacks to be sent. However, if you would like to send in other items like cupcakes, please send in small or mini muffins which might be healthier. You could also send in pencils or other inexpensive items but this is not expected, nor is it necessary as the teacher will celebrate the child's day in class.

CONFERENCES/HOME VISITS

Conferences are held minimally once a year, however an appointment can be set up at the request of either the parent or teacher. Teachers will visit your child and his/her family in their home before he/she starts the program. The home visit is a requirement of the grant and aids in bridging the home-school connection and is done to allow your child to meet his teachers in the comfort of his home.

If you wish to talk with or arrange an appointment with your child's teacher, please feel free to call between the times of 7:45 AM – 8:00 AM or 2:20 PM- 3:15 PM at 630-694-1174. Please remember that the teachers are not free to take phone calls during teaching times.

- All parents will receive student progress reports each trimester according to the district calendar.
- Teachers maintain an individualized student portfolio (photo documentation of your child's academic growth) throughout the year that you may view.

For children that have an IEP (individualized educational plan) as designated by their special education needs, parents can expect an update of progress on their child's goals as well as the preschool progress report, on a tri-annual basis.

DAILY SCHEDULE

When developing daily schedules for each classroom, the teachers of the preschool program concentrate on providing the children with a variety of learning environments. Children are given periods of time for quiet activities, activities involving the entire classroom, small group activities and "free choice" time. The Illinois Early Learning and Development Standards are followed and integrated into our program. Through the use of the Wood Dale Park District playground and teacher directed and nondirected activities in our gym, the children receive the proper environment for gross motor development. Each child participates in the Wood Dale Public Library storytime in our building weekly. Teachers send home weekly lesson plans and put this information on their websites so that you know of upcoming activities, field trips, snacks and library so that you can discuss the day's activities and future plans with your child and stay informed.



DAILY PARENT RESPONSIBILITIES

1. Serve your child a healthy breakfast.
2. Allow enough time in the morning for your child to get ready for school so you are both off to a good start!
3. **If you drive your child, arrive on time for school and pick up your child on time. If your child rides the bus, be at the door to meet them.**
4. **Check your child's backpack daily** and respond to teacher notes and permission slips in a timely fashion. Look at the teacher's lesson grid and discuss your child's day with him.
5. Read to your child every day.



ENROLLMENT

ECEC is a Wood Dale School District #7 preschools that is state funded and designed to prepare children for kindergarten readiness. Enrollment is determined primarily through screening during which parents are interviewed, questionnaires are completed and children are screened. Children who show "At Risk Learning" factors are offered our program. We consider this grant a gift from the state for you and your child so we expect that you will be an involved parent. All children who attend the Preschool for All program must be 3 or 4 years of age but not eligible for kindergarten. Class sizes vary according to individual needs with a range of 15-20 children with a teacher assistant. Homeless preschoolers will be admitted immediately if there are spaces open.

EMERGENCY CARDS

The information that you provide to us at registration is extremely important. This information is what enables us to contact you in an emergency so make sure that all information is accurate. We also need to know the names of people that can pick up your child in the event that he/she is ill and you are unable to pick him/her up. We will not release your child to anyone that is not on that card. Also, any medical information and regularly taken medication should be noted, such as asthma, asthma medication, allergies etc. **CONTACT THE SCHOOL IMMEDIATELY IF YOUR PHONE NUMBER CHANGES.**

EVENING PROGRAMS

As a parent at ECEC, you will be given numerous opportunities to attend evening programs. We would like parents to attend at least 3 programs. These programs are designed to inform you and support you through your child's early education experience. You will be asked to sign a parent engagement contract. Many evening programs will include child care. Interpreters are also provided. Please check the District 7 calendar, newsletters and notices that are put in your child's backpack for program dates.

HEALTHY EATING

ECEC faculty have been and are still engaged with healthy eating and healthy lifestyle (movement) programs. These programs include training from the Dupage Health Department's Healthy Eating Grant and Northwestern Hospital's CATCH Program. We have been and will continue to provide students with healthy foods for snack choices and will teach targeted movement instruction in our gross motor sessions. In addition, both programs have enabled us to add many gross motor items to our collection and have given us materials to send home to you about healthy eating and ways of incorporating movement into your busy schedules.

HEALTH POLICIES AND GUIDELINES

REQUIREMENTS: HEALTH PHYSICALS AND IMMUNIZATIONS:

1. All preschool students must have a physical completed by a doctor. Physicals must be on file **within 30 days after the child is enrolled in the program.**
2. Physicals must be current (not older than 6 months).
3. T.B. testing is required at the preschool level.



4. Immunizations must have the month, day, and year that they were administered.
5. If immunizations are not up to date, a schedule must be established with the physician and sent to the school. Parents must adhere to the schedule.
6. All students enrolled K-12 are required to show evidence of having two doses of live measles vaccine.
7. A lead screening test is a required examination for children under six (6) years of age who are entering school for the first time
8. Dental examinations are recommended but not mandatory.
9. Health physicals, immunizations and dental exams are available through the DuPage County Health Department. Appointments can be made by parents. Further information is available by calling the Dupage County Health Department at (630) 682-7400.

VISION AND HEARING SCREENING:

1. Vision and hearing screening is done yearly at ECEC.
2. Parents will be informed in writing of any problems discovered through these screenings.
3. If there has been difficulty in accurately assessing your child's vision or hearing and if you suspect that your child has a problem, please contact your pediatrician.

**Impaired vision or hearing may have
significant consequences on your child's ability to learn.**
4. Please remember that the vision and hearing screenings **are screenings and do not purport** to cover all types of vision or hearing problems.

GENERAL HEALTH GUIDELINES:

1. Children **should stay home** if they are not feeling well enough to participate comfortably in regular activities.

Notify the school of an absence by calling the school office before 8:00 AM (630-694-1174).

Children should be kept home if they have any of the following conditions:

- a. Fever higher than 100 degrees by mouth.
- b. Coughing or large amounts of green nasal discharge.
- c. Rash with fever or behavior changes.
- d. Diarrhea.
- e. Vomiting in the previous 24 hours.
- f. Strep infection until 24 hours after treatment begins.
- g. Eye redness, crusting or discharge from the eyes.



3. If the child will be out of school for an extended time due to illness or vacation, please notify the school.
4. If you suspect or are aware that your child has a communicable illness, such as chickenpox or measles, notify the school immediately so proper measures can be taken at the school.
5. If a student has a particular health problem, parents are expected to inform the school nurse and teacher in writing of the existing condition.
6. The Wood Dale School District policy does not permit the dispensing of medicines at school. Children who are under a doctor's care and require a dosage of medication during the school day in order to attend school are required to have this stated on a form available from the school office. Medication (including both prescription and nonprescription) must be in the original pharmaceutical containers.
7. After an extended illness of (3) days or more, a release from the family doctor must be brought to school for your child to return to classes.
8. **Children should wash their hands frequently, including before meals and after using the washroom.** Handwashing is the single most important way of preventing communicable diseases.

9. Dress your child appropriately for the weather. Proper winter attire for your child includes a coat, mittens, hat and boots. Send gym shoes with your child to change into on days when they wear boots. No flip-flops should be worn to school at any time.

RASHES, INSECT BITES AND ALLERGIES:

If you know and are treating a skin condition, please let us know. Childhood rashes are very common and are one of the most common reasons that we need to contact you. Most often, the rashes are incidental and you are already aware of them so please phone or write the teacher to let her know that you are aware and treating the condition.

INCLUSION

The philosophy of Wood Dale School Dist. #7 is that all children learn from each other and benefit from a class placement with peers of the same age regardless of special education needs for some or all of the class session. Regular education placements are always considered as a first option.

INTEGRATED SUPPORT SERVICES

The ECEC program uses an integrated model in the delivery of services. All related service personnel, speech therapist, social worker and occupational therapy (OT)/physical therapy (PT), provide services within the classroom setting when appropriate. Each team member is responsible for developing and implementing the child's goals in his/her area of expertise, as well as sharing in the implementation of teacher goals and other staff members' goals. Each team member is involved in addressing all the needs of a child, therefore allowing for consistent expectations, generalization and transference of skills.

GOALS THROUGH AN INTEGRATED TEAM APPROACH:

1. To involve family members and the child.
2. To provide the child with learning opportunities through an integrated team approach.
3. To develop a well integrated individualized plan for each child.
4. To integrate goals into each area of a child's daily routine.

MANDATED REPORTING

School personnel, medical professionals and other individuals that work with children are required by law to report *SUSPECTED* child abuse which may include physical, sexual or neglect allegations. While this seldom occurs, it is important to know that this law is in place to protect the most vulnerable; our children. Professional case workers from DCFS conduct the investigation and arrive at a decision as to whether or not a case is found or not. They are also there to support families and connect them to resources to meet their needs.

SNACK

Our snack program is funded by the state grant. White milk and water are available daily. Snacks at school are not intended to be a meal, but a short healthy food refreshment. Parents are responsible to **notify the teacher if your child has a food allergy or if the child may not eat certain ingredients due to religious reasons.** Parents should look at the weekly plan that is sent home on Fridays which will list snacks that are planned for the following week. Please know that choices of food are offered and that we have “back-up” snacks. Teachers may involve the children in assisting with making snacks and use this opportunity to tie in a topic that is being covered that week. Snacking can be used as a time to reinforce manners, socialize with friends, and reinforce fine motor skills, counting, vocabulary and conceptual development.

If your child can only drink almond milk or another kind of milk we ask that you send it in to us weekly however, we will always provide water.



SPECIAL EDUCATION

Wood Dale School District 7 is one of 8 school districts that make-up the North Dupage Special Education Cooperative (NDSEC). NDSEC offers guidance and specific services to support districts in meeting the needs of students who have special needs.

Special education services are offered to students who qualify based on a referral that is made, typically by a parent, teacher or other party, due to specific concerns that impact a student's learning or functioning. Parent consent and rights are included in the initial portion of the evaluation process. Next, a Domain meeting is held to determine what areas of concern need to be addressed and which specialists will do the assessments. Upon completion of the assessments and observations a case study is completed, parents are called in to review the case study components and eligibility is discussed. If a child meets the given eligibility criteria, goals, times, services and a placement will be determined. Yearly the team, including parents meet to review the goals and to create new goals. Updates on goals are given 3 times a year. Full inclusion of all children is our ultimate goal within our District 7 schools whenever possible.

Therapies may also be provided through itinerant services (services provided to a child brought into the school for that service only) as needed.

PARENT ADVISORY

ECEC is pleased to have a parent advisory board that meets 2-3 times each school year. The purpose of this group is to have school and parents work together to make mutual recommendations and share perspectives on behalf of all children that attend ECEC. We feel that parent and community perspectives are an important component of a well-informed program. If you are interested in being a part of this committee, please contact the principal. Your comments, ideas and support matter to us!

PARENT LIBRARY

TBD DUE TO COVID-19

ECEC wants to remind all of our families to sign up for a library card at Wood Dale Public Library or Bensenville Public Library. These libraries offer many wonderful adult and children's programs and resources. Membership is free.

We are fortunate to have the **Wood Dale Public Library** children's librarians come to ECEC weekly to present a story time for our children.

PARENT TRANSPORTATION

Parents that choose to transport their child to and from school must use the main entrance to the building. The driver is to **pull into a parking spot** and escort your child into the lobby where they will be met by a staff member. Children may not be left in the building without a parent. If a private daycare is to transport the child, you will need to make them aware of our procedure.

Parents should wait for a teacher or ECEC faculty member to escort your child to the line or classroom.



Please remember that the turnaround is a bus drop-off lane and not a place to park your car. Park your car in a parking spot when coming into the building. Never leave young children unattended in your car.

It is your responsibility to provide the proper car seat or booster seat and to secure your child safely with a seatbelt whenever they are riding in a car.

PLEASE be on-time if you choose to drive as you are holding up the entire class of children.

SAFETY

Wood Dale School District takes your child's safety seriously. Your child will be taking part in bus evacuations, fire drills, tornado drills, lock-downs and evacuation drills throughout the year. Most of the time they will have no idea what they are practicing for, as the teachers stay calm and promote safe procedures routinely. The one drill that is loud and in which there are flashing lights is the fire drill. If your child mentions this or says that there was a scary noise and lights, please acknowledge this and tell them that this is nothing to worry about and that it is done to protect them and keep them safe! **Please remember that it is important to keep the office staff up to date on any phone number changes as this is the only way that we might be able to reach you in an emergency.**

In addition to this all schools require all adults entering the building to sign-in and wear a Visitor's Pass and upon leaving to sign-out and return the pass. If you are a regular volunteer in a classroom you will be asked to follow a specific procedure and have a background check. By the same token, always leave and exit the building with your child using the main door and never by the buses. We ask that parents do not leave field trip destinations to take their child home but to return to school and then proceed at dismissal. Teachers always carry emergency information with them on trips out of the building.

SCHOOL BUS PROCEDURES FOR PARENTS TO REVIEW WITH THEIR PRESCHOOLER



1. The bus driver may assign a seat for your child.
2. Children are expected to follow bus driver instructions.
3. Be ready for the bus 5 minutes before the scheduled time and be on time to pick your child up.
4. **Parents may not ride the bus with their children.**
5. Children SHOULD:
 - a. Remain in their seat and face forward at all times. SIT AND LOOK AHEAD
 - b. Children may not throw objects in the bus. HANDS TO SELF
 - c. Hands and head stay in the seat and inside the bus. HANDS TO SELF
 - d. Remind children that loud noises on the bus distract the bus driver. TALK SOFTLY
 - e. Children should be quiet when approaching a railroad crossing. Bus drivers must stop to listen for trains (gates and signals may not always work).
 - f. Children should not touch bus equipment. HANDS TO SELF
 - g. Eating, drinking or chewing gum (candy) is not permitted on the bus. NO FOOD OR DRINK
 - h. Parents and children are expected to be respectful to the bus driver and other children. BE RESPECTFUL
6. Do not ask the bus driver to stop anywhere except your stop unless this has been cleared through the ECEC office.
7. Take time to get to know your child's bus driver. You will find that they are exceptional professionals that want to get your child to and from school safely. They have an enormous responsibility to fulfill each day. If you have brief concerns, speak to them directly or phone Pam at the district office.
8. In the event that your child is misbehaving on the bus, your child's teacher will contact you to set up a plan. We need your support in implementing any program. For safety reasons, a parent may be contacted about the use of a harness for their child's safety.

Questions regarding transportation: (buses, bus stops, times) **for District 7** preschool students should be directed to:

MRS. PAM WAWCZAK, COORDINATOR OF TRANSPORTATION 630-546-2859

Parents with students who are transported through other means **should contact their bus company or home district.**
BENSENVILLE TRANSPORTATION – 630-766-2057
SEPTRAN - 630-668-0088

PARENTS, PLEASE NOTE:

Be sure you or someone you delegate (must be on the emergency card) is home to meet your child.

*Bus drivers will not drop your child off if no one is at home or if a stranger shows up. The child will be transported back to ECEC where you will have to pick them up.

SHOES

Parents are asked to have their child wear gym shoes (sneakers) to school for safety reasons. Children have difficulty running, jumping, hopping and climbing when they wear flip-flops (with and without heel straps) and fancy heeled shoes (that slide on the floor when running).

VISITORS

As of now, parents and visitors are not allowed in the building.

VOLUNTEERS

As of now, parents and visitors are not allowed in the building.

Parent Checklist

- ___ 1. Healthy breakfast
- ___ 2. **On time** for the bus to pick up and drop off.
- ___ 3. Checking my child's backpack and folder/notebook and responding to messages and requests.
- ___ 4. Checking the calendar for early dismissals, days off and events.
- ___ 5. Lay out clothing and backpack the evening before so the morning isn't so rushed.
- ___ 6. Making sure that my child is respectful to other children and the bus drivers.
- ___ 7. Calling into the school before 8:00 if your child is ill.
- ___ 8. Attending school daily UNLESS ill.
- ___ 9. Plan vacations when school is not in session.
- ___ 10. Volunteer at school and attend parent programs.
- ___ 11. Read and talk to your child daily.
- ___ 12. Provide your child with firm boundaries, play time and a regular bedtime.
- ___ 13. Limit television (even educational programs) to 1-2 hours daily, including video and computer time in this time frame.
- ___ 14. Keep in touch with your child's teacher, principal or specialist when you have questions, concerns or if we can support you in some way.